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cont.
wherein said gel-swellable portion has a density of less than 0.90 g/cc and said outer layer has a density of at least 0.90 g/cc.

2. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion is a continuous layer surrounding said at least one optical fiber.

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3. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has an uneven thickness.

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4. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has a smooth surface.

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5. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has at least one groove in a surface of said at least one gel-swellable portion.

6. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion is made from at least one longitudinally running strip.

7. (Amended) The fiber optic cable according to claim 1, further comprising a second gel-swellable portion positioned between said gel-swellable portion and said at least one optical fiber.

B2 8. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has a corrugated surface which is adjacent to said gel.

2 9. (Amended) The fiber optic cable according to claim 1, wherein at least one gel-swellable portion contacts said inner surface of said outer layer.

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cont. 10. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion is one of a copolymer or terpolymer of polyethelene.

11. (Re-Add) The fiber optic cable according to claim 1, wherein said gel-swellable portion swells more than 10% at 85°C.

13. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion is a polyolefin swellable material.

B3 14. (Amended) The fiber optic cable according to claim 1, wherein the material of said at least one gel-swellable portion is softer than the material of said outer layer.

B4 15. (Twice Amended) A fiber optic cable, comprising:
an outer layer;

at least one optical fiber disposed inside said outer layer;

a gel-swellable portion contacting an outer surface of said optical fiber; and

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a water resistant gel positioned adjacent to said gel-swellable portion;

wherein said gel swellable portion absorbs at least some of a said gel, and wherein said gel-swellable portion swells more than 10% at 85°C.

16. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion is a continuous layer surrounding at least one optical fiber.

(17) (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has an uneven thickness.

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18. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has a smooth surface.

(19) (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has at least one groove in a surface of said gel-swellable portion.

20. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion is made from at least one longitudinally running strip.

21. (Amended) The fiber optic cable according to claim 15, further comprising a second gel-swellable portion positioned between said gel-swellable portion and said outer jacket.

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(22.) (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has a corrugated surface which is adjacent to said gel.

27. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion is a polyolefin swellable material.

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28. (Amended) The fiber optic cable according to claim 15, wherein the material of said gel-swellable portion is softer than the material of said outer layer.

29. (Twice Amended) A fiber optic cable, comprising:
an outer layer;
at least one optical fiber;
a water resistant gel disposed between said at least one optical fiber and said outer layer;

and

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at least one gel-swellable portion proximate to one of an inner surface of said outer layer and an outer surface of said optical fiber;
wherein said gel-swellable portion is made from a material softer than said one of said inner surface and said outer surface to which said gel-swellable portion is adhered to.

30. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion is a continuous layer.

(31.) (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has an uneven thickness.

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32. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has a smooth surface.

(33.) (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has a groove in a surface of said at least one gel-swellable portion.

34. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion is made from at least one longitudinally running strip.

35. The fiber optic cable according to claim 29, further comprising a second gel-swellable portion positioned between said at least one gel-swellable portion and the other of said outer surface and said inner surface.

36. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has a density less than 0.90 g/cc.

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37. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion is one of a copolymer or terpolymer of polyethelene.

40. (Amended) The fiber optic cable according to claim 29, wherein said at least one swellable portion is a polyolefin swellable material.

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41. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has a corrugated surface.

The following new Claims are to be added:

42. (New) The fiber optic cable according to claim 15, wherein said optical fiber is part of an optical fiber ribbon.

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43. (New) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion swells more than 10% at 85°C.

44. (New) The fiber optic cable according to claim 29, wherein said at least one gel-

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cont. said optical fiber.
